

# IRONKIDS<sup>®</sup>

## ALPHARETTA GEORGIA

### 2018 IronKids Alpharetta Athlete Handbook



### Weather Information for Saturday and Sunday

Premier Event Management is following the most recent weather information very carefully along the Alpharetta City Officials. Should inclement weather be in the Alpharetta area on race morning the Race Director and City Officials will decide to either delay the event or cancel the event depending on the severity of lighting, high winds and or prolonged heavy rain. It is always our intention to hold the event as a triathlon but weather conditions may cause this to be changed to the bike, run event or a simple run event. Please stay tuned to the event web site for the most updated information!

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## Schedule of Events

### Saturday, September 15

- 2:00pm - 6:00pm      Registration/Packet Pick-up/Expo
- 5:15pm                      Course Talk and Walkthrough (Lisa Marshall, Team Explosion)

### Sunday, September 16

- 5:00am – 7:00am      Packet Pick-up ONLY (we will not have on-site registration on race morning)
- 5:00am – 7:00am      Transition Open
- 6:00am - 11:00am      Expo
- 7:15am                      Senior Division Race Start
- 8:45am                      Intermediate Division Race Start
- 10:00am                      Junior Division Race Start
- 11:00am                      Awards Ceremony

\* All times are subject to change and tentative as we may run ahead or behind schedule.

The **Awards Ceremony** takes place approximately a half hour after the conclusion of the entire race.

The Transition Area opens for equipment removal as soon as the last JUNIOR athlete starts the run.

## Contacts & Media Information

Jim Rainey, IronKids Race Director: [jim@gamultisports.com](mailto:jim@gamultisports.com)

Michele Burke, Premier Event Management Athlete Service: [Michele@pem.events](mailto:Michele@pem.events)

## Venue Location

Athlete on-site registration and packet pick-up, IronKids Expo and finish will all take place at Wills Park behind the Alpharetta Community Center/Event Lawn. The race start and transition will take place at Wills Park pool and parking lot, located on Old Milton Parkway between Roswell Street and Wills Road at 1825 Old Milton Parkway, Alpharetta, Georgia, 30009.

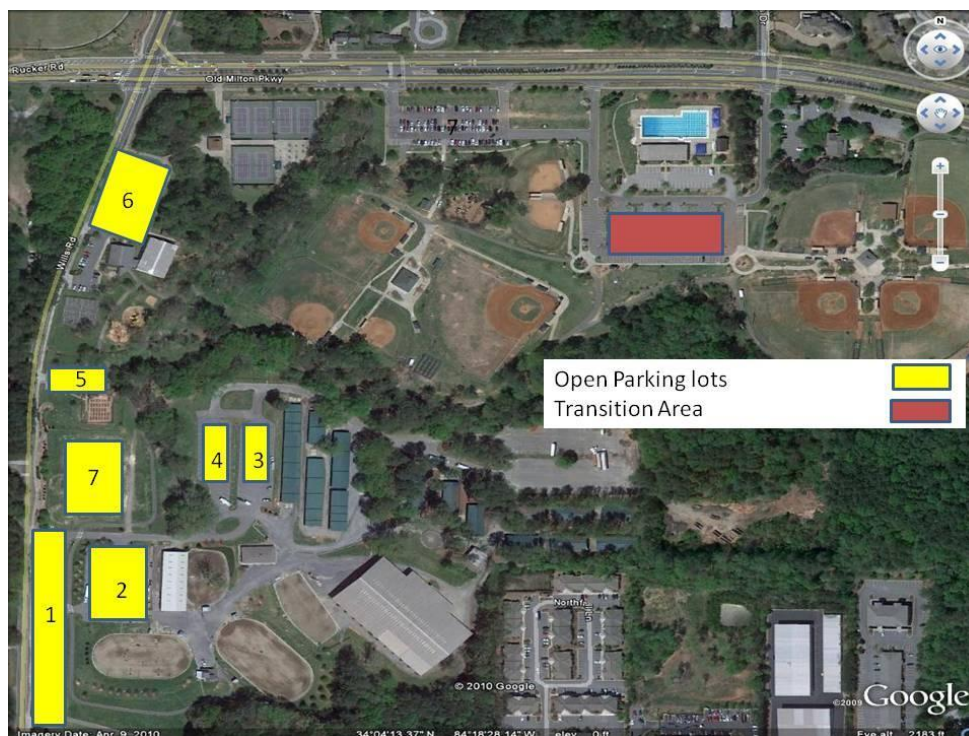
## Parking

Race day parking will be available at the Wills Park Equestrian Center. It is located off Wills Road and is located across the street from the park at 201 Wills Road. Overflow parking will be available in Alpharetta Square, located off of Main Street. Please see the map below for available parking. Do not park in unauthorized areas, as this could result in your vehicle being towed. Please arrive EARLY on race morning to allow yourself plenty of time to park and set-up your transition area.

**Old Milton Parkway will close at 5:30 AM, between Highway 9 (Main Street) and Wills Road. This closure is to ensure that the IronKids staff has ample time to set-up the bike course for the event. Please follow the detour routes listed below for parking.**

**Coming from the East:** From Old Milton Parkway, turn left on Highway 9 (Main Street). Turn right on Wills Road. Parking will be available on the right at the Equestrian Center.

**Coming from the West (via Old Milton Parkway/Rucker Road):** Turn right on Wills Road. Parking will be available on left at the Equestrian Center



In order to cut down on congestion and allow the team to get the course set up, we ask you to please not pull into the Wills Park entrance and drop off equipment. This will keep the roads from getting backed up and will alleviate congestion for everyone. Thank you in advance!

## **Bike and Tech Support**



IronKids is pleased to announce that Roswell Bikes will be the official support team for the IronKids Alpharetta event. Roswell will be on site to assist with minor repairs and tune-ups, race day equipment and nutrition. They will be participating in the IronKids expo on Saturday and will be located next to the transition area on Sunday.

Feel free to visit their shop located at [670 Houze Way](#) in Roswell. You can also call them at (770) 642-4057 with any questions. Please visit their website at <http://www.roswellbicycles.com/>

## **IronKids Expo**

The 2018 IronKids Series is proud to include an interactive weekend experience for the entire family, incorporating supporting vendors, sponsors, local partners, and non-profit organizations within a health and fitness Expo focused on upholding the IronKids mission of motivating youth through the sport to lead an active, positive, and healthy lifestyle.

For all Expo-related inquiries, please contact the race director, Jim Rainey at [jim@gamultisports.com](mailto:jim@gamultisports.com)

### **IronKids Alpharetta Expo Hours:**

**Saturday, September 15, 2018: 2:00 p.m.-6:00 p.m.**

**Sunday, September 16, 2018: 5:00 a.m.-11:00 a.m.**

## Registration Information

Registration for the 2018 IronKids National Series is available online at [www.active.com](http://www.active.com) until **Thursday, September 13, 2018 at midnight**. Additional on-site registration is available during packet pick-up, which will take place on **Saturday, September 15, 2018 from 2:00 p.m. - 6:00 p.m.**

### We will not offer registration on race morning, only packet pick-up.

The cost to register online for any IronKids National Series race is \$50. On-site registration will be \$65. Additional discounts apply for siblings. Please notify registration if any of the above categories applies to your athlete.

If you are completing on-site registration, please allow yourself extra time to acquire and fill out all mandatory documents. To register on site, you will need to complete the following:

- IronKids Event Registration Form
- Athlete Waiver
- USAT membership form (if needed)
- Medical form

## Packet Pick-Up

Packet Pick-Up will take place on **Saturday, September 15, 2018 from 2:00 p.m. - 6:00 p.m.**, as well as race-morning on **Sunday, September 16, 2018 beginning from 5:00am – 7:00 am**. All athletes must check-in at packet pick-up in order to receive their race materials. IronKids staff as well as volunteers will be present to assist you throughout the process. Please remember to bring your online registration confirmation (if pre-registered), as well as your USAT youth membership card.

### The Packet Pick-Up format includes:

- **Athlete Check-In:** Athlete Check-in is your first stop. Here, you will provide your athlete's name as well as receive a **\*mandatory waiver\*** that must be filled out on site. Even if you pre-registered online and previously accepted the IronKids waiver, you must fill out an additional waiver on site. If you are completing a new registration, you will receive all required forms here.
- After initial athlete check-in, proceed to the corresponding tables to gather mandatory race materials. All athletes will be given the following:
  - **Race Bib Number** (to be worn on the front of the shirt or on a race belt).
  - **Colored Swim Cap** corresponding to the athlete's division:
    - Junior division:
    - Intermediate division:
    - Senior division:

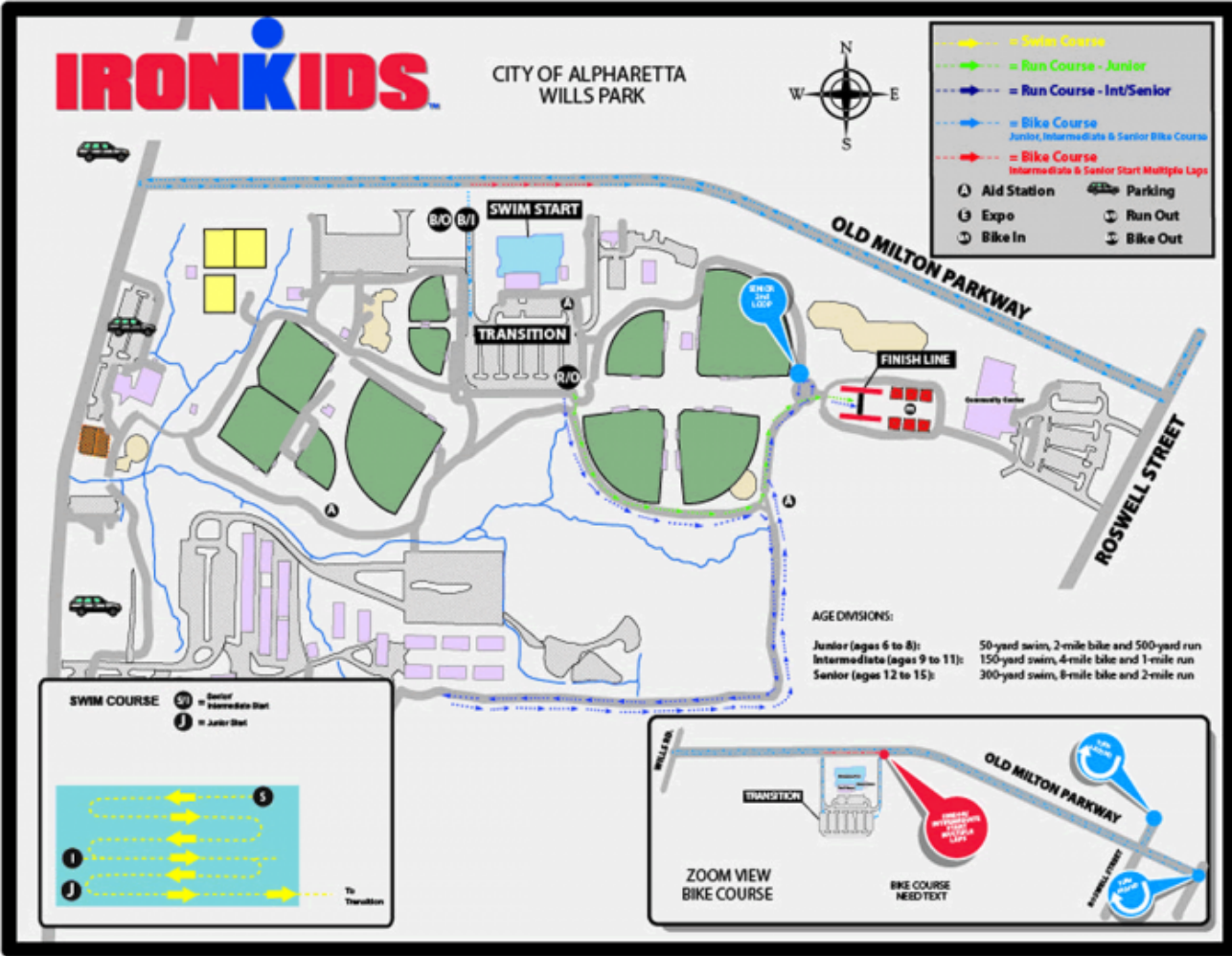
- **Bike frame sticker**
- **Helmet sticker**
- **Athlete Wristband** (a numbered wrist band that must be worn by athlete)
- **Parent/Guardian Wristband** (a numbered wrist band that must be worn by the parent/guardian)
  - Athlete & Parent/Guardian wristbands are provided for identification purposes. Please make sure you are wearing your wrist band at all times throughout the race.
- **2018 IronKids tech T-Shirt**
- **USA Triathlon (USAT) Membership Check:**
  - Please remember to bring your USAT youth membership card. If you are not currently a member of USAT, you must fill out an application form. We will offer a \$10 one-day license or one year memberships. The cost for a one-year membership is \$15.00, which is good for the entire year. Please retain the copy of the USAT membership form for your records, as it will be proof of your youth membership until you receive your official card from USAT.
  - If you forget your USAT card, and we do not have your number on file, you **\*will\*** have to purchase a new USAT membership. No exceptions.

# Course Maps & Descriptions

## Divisional Race Distances:

- Junior (6-8 year-olds): 50 -yard swim/2-mile bike/500-yard run
- Intermediate (9-11 year-olds): 150 -yard swim/4-mile bike/1-mile run
- Senior (12-15 year-olds): 300-yard swim/8-mile bike/2-mile run

## IronKids Alpharetta Course Map





## Transition

Transition will be open for bike check-in on Saturday, September 15th from 2:00pm to 6:00pm, overnight security is provided. Transition will be open again, Sunday, September 16, 5:00am-7:00am on race day for setting up athlete equipment. We recommend an early as possible arrival to allow your athlete enough time to set-up his or her transition area and to provide assistance if needed.

All athletes must be body marked prior to the start of the race. An athlete's race number is written vertically on the top of both arms, and race age will be marked on both calves with a black sharpie. Please see a transition volunteer to be body marked prior to making your way to the swim start.

Each athlete will have a designated bike rack and spot on that rack. Please rack your bike according to your race number and the bike rack number.

There will be seven bikes per rack. Please set-up your transition area neatly, and respect other athletes' spaces. If you have any questions about how to set up your transition area, please see the transition coordinator or a volunteer for assistance. IronKids staff and volunteers reserve the right to move or modify your transition set-up to accommodate other athletes' equipment if an area is not set up correctly.

Parents are not allowed in transition during the active race. Volunteers are available in transition to assist all athletes with racking/re-racking bikes, tying shoes and/or helmet straps, etc. Before exiting transition from the swim to the bike course, all athletes must have their upper torso covered, as well as must have their helmet securely on and fastened. All athletes must attach their numbered race bib (to their shirt with safety pins or a race belt) prior to proceeding to the bike course. Safety pins are available at registration and in transition.

Please listen to race-day announcements in regards to the time when you will be allowed to enter transition to remove athlete equipment. No one is allowed to remove equipment from the transition area during the active race. **\*\*ABSOLUTELY NO EXCEPTIONS\*\***. This is for the safety of all athletes and volunteers. If you fail to comply with this rule your athlete will be immediately disqualified.

Volunteers monitor the removal of bikes from transition at the conclusion of the race by comparing bike frame sticker numbers to either the body marked athlete or the parent/guardian wristband. Please be prepared to show your parent/guardian wristband number upon removal of equipment from transition if your athlete is not with you.

## Course Walk & Talk

At 5:15pm on Saturday, September 17th, the Race Director will discuss the course, conduct of the race, safety, and information for parents, and other topics after a brief question and answer period. The Race Director will lead athletes and parents on a course and transition walkthrough and answer any other questions regarding the event.

## Swim Course

### Pool Swim Start:

The Pool Swim Start takes place in a pool. The swim is conducted in waves - one child at a time in approximately three-second intervals. Kids swim up one lane and upon reaching the end of the lane, move over to the next lane and swim down. Similar to a zig-zag or switch-back formation. The Senior Division starts at 7:15am, the Intermediate Division starts at 8:45am and Junior Division starts at 10:00 am. We will line athletes up in numerical order to start the race.

### Swim Course & Water Safety:

Wetsuits are NOT allowed. We have a large team of Lifeguards and Water Safety Marshals that surround the pool.

## Bike Course

The bike course is on roads closed to motor traffic. We have IronKids staff, volunteers and signs directing participants. However, please make sure your child knows the division he or she is in, as we refer to the course based on division (Junior, Intermediate and Senior). Large mile markers will be position on the bike course.

## Run Course

The run course is on paved walkways or paths. Please make sure your child knows what division he or she is in, as we refer to divisions to help direct participants along the course. Run course directional signs are color-coded: yellow for Junior, orange for Intermediate and light blue for Senior.

## **USA Triathlon (USAT) Competitive Rules**

### **PLEASE READ OVER THE 2018 USAT SUPPLEMENTAL RULES!**

For a comprehensive list of USA Triathlon (USAT) Competitive Rules & Regulations, please visit <http://www.usatriathlon.org/about-multisport/rulebook.aspx#supplemental>. We ask that you please take the time to read through the rules carefully prior to event participation. If you have any specific questions about USAT rules and regulations and/or need clarification, please direct all inquiries to [charlie@usatriathlon.org](mailto:charlie@usatriathlon.org).

Remember:

- No Aerobars!
- No Disc Wheels!
- No Aero Helmets!

**If you have any of this equipment, you will not be allowed to race!**

## **USA Triathlon Membership Policy**

It is mandatory that all participants within any IronKids Triathlon have a current USAT Youth Membership. A one-day license is \$10.00 per athlete. If you do not have a USAT Youth Membership, you must purchase it on-site at registration. If you have a current USAT Youth Membership, you must show your identification card upon picking up your packet at registration.

## **USA Triathlon “Age-Up” Policy**

In accordance with the USAT rules, an athlete’s official race age is his or her age on December 31, 2018. Athletes are classified by their race age into the following divisions:

- Junior: Ages 6-8 (50 -yard swim/2-mile bike/500-yard run)
- Intermediate: Ages 9-11 (150-yard swim/4-mile bike/1-mile run)
- Senior: Ages 12-15 (300-yard swim/8-mile bike/2-mile run)

## Important Race-Day Rules

Please read the following rules thoroughly. All participants must be aware of the following policies and precautions prior to participating in any IronKids Triathlon for the safety of all athletes.

- Designed swim caps must be worn throughout the swim portion of the race.
- No bare upper torso. The upper torso must be covered during the bike and run portion (shirt, full swimsuit or two-piece swim suit. No athlete is allowed out of transition and onto the bike or run course without a covered upper torso.
- Nudity is not allowed in transition.
- Each athlete must be body marked prior to checking in for the swim start.
- The bike helmets must be on and securely strapped before an athlete is allowed out of transition and onto the bike course.
- Athletes are not allowed to mount or ride their bikes within the transition area. Athletes must mount and dismount their bikes at the respective mount and dismount lines located outside of transition.
- Race numbers (bibs) must be worn at all times during the bike and run portion of the race. Numbers may be attached either with a race belt or fastened with safety pins to the athlete's apparel top.
- Cyclists must stay two bike lengths behind the participant in the front, except when passing.
- Cyclists must make passes on the left, with slower cyclists remaining on the right.
- Parents are not allowed in transition during the race. Parents are only allowed in transition during designed set-up time, and upon completion of the race to retrieve belongings.
- Timing chips must be worn throughout the duration of the race. If your timing chip comes unfastened, damaged, and/or lost, notify Ironman Timing immediately upon the completion of your athlete's race.

## Team Division

An IronKids “Team” is defined as a group of five or more youth triathletes representing a sports club, sports team, school or vendor. All athletes within the Team Division compete as individuals, contributing to an overall team point total based on his or her finishing place. The team with the overall highest point total receives a trophy that is awarded to the team coach.

Team points are awarded as follows:

- First place: 10 points
- Second place: 8 points
- Third place: 6 points
- Fourth place: 4 points
- Fifth place: 2 points
- Each participating team member earns one point regardless of placement. Therefore, your athlete can be assured that he or she will be rewarded for completing the race.

Coaches: Please provide a complete list of athletes at registration (regardless if you have completed the Team registration process on-line), including each athlete’s full name, date of birth and emergency contact information. If you have questions or concerns in regards to the Team Division, please contact [bill@pem-la.com](mailto:bill@pem-la.com). These need to be emailed or handed in at packet pick-up prior to Thursday, September 15th at Noon.

Athletes: If you are a member of a team and had not previously registered with your coach to compete under the Team Division, please notify registration prior to the race.

## Athletes with Disabilities

Please contact Jim Rainey, the IronKids Race Director at (770)-851-9706 to discuss any special accommodations that may be required for your athlete on race day.

## Pre-Race: Triathlon Equipment Checklist

Note: This list is a general guideline for equipment. Your athlete may not require or utilize some of the items listed below:

### Swim

- Swim Cap
- Goggles (2 pairs)
- Swim Suit or Tri-Suit (one piece or two piece)
- Nose plugs and Earplugs

### Bike

- Bicycle
- Helmet
- Cycling Shoes
- Socks
- Race Number Belt with attached Bib Number
- Bike and Helmet Stickers
- Water Bottle
- Floor Pump

### Run

- Running Shoes
- Running Shirt
- Socks
- Hat or Visor

### Other

- Registration packet and/or materials
- USAT card
- Towel for transition area
- Safety pins
- Sunscreen
- Sunglasses
- Eyeglasses
- Water bottles
- Change of clothes
- Watch
- Camera

## Medical Information

Our first and foremost concern at any race is athlete safety and well-being. Please notify registration about any known medical conditions/disorders/concerns, and provide a list of medications that the athlete is currently taking. Additionally, please provide an \*on-site cell phone number\* for an emergency contact if you have not already done so on-line.

Each race site is staffed with a team of highly trained and highly qualified medical personnel to meet the needs of any athlete who might require assistance. An ambulance is will also be present on site to respond to emergency transport needs.

A medical tent is located at the finish line. If your athlete requires medical attention, please check in at the medical tent or notify a race official.

## Timing

Each IronKids athlete receives a timing chip and ankle strap that corresponds to his or her registration information. Timing chips allow each athlete to receive a finishing time and course splits, and are vital for athlete safety in order for all athletes to be accounted for at the conclusion of the race. All timing chips must be worn around an athlete's right or left ankle.

Timing chips will be handed out at swim start prior to each event.

**\*\*Each participant must wear a timing chip at all times during the race. Failure to wear a timing chip throughout the duration of the race will lead to disqualification.**

Once the participant crosses the finish line, volunteers will collect the athlete's timing chip. All timing chips must be returned to Ironman Timing.

Please direct any questions or concerns about timing to Ironman Timing immediately at the conclusion of the race.

## Results

Please pay **\*very\*** careful attention to the results board, as there will be "unofficial," as well as "official" results. Unofficial results are not set-in-stone, and are subject to change based on forthcoming data (e.g, if an athlete is found to have missed one loop on the bike course). Unofficial results tend to posted and updated periodically as the race progresses. Official results will be provided at the conclusion of the race, and are considered the "final" results. Awards are based on the official, final results.

Any questions about timing should be directed to the timing team and the Race Director immediately after results are posted. We encourage all athletes and families to remain on site and evaluate results at the conclusion of the race.

## Awards

The top three athletes within each age category (e.g., 6-year-old females, 9-year-old boys, etc.) receive a placement medal. We encourage all athletes, families and spectators to remain on site to view and participate in the awards ceremony, which takes place approximately 30 minutes after the conclusion of the entire race.

All participants within the 2018 IronKids Alpharetta will receive a commemorative medal upon crossing the finish line.

If you are unable to stay for the Awards Ceremony, please contact Michele Burke, [Michele@Pem-la.com](mailto:Michele@Pem-la.com), in order to make arrangements for your athlete to receive his or her trophy. If you are aware that your athlete placed within the top five of his or her age group, it is recommended remain for the awards ceremony not only for the positive experience, but also to guarantee the timely receipt of the athlete's earned award(s).

## Parent/Guardian Conduct & Disputes

The IronKids environment is a safe and fun place for kids to participate in the great sport of triathlon. To ensure all athletes walk away with the best experience, we need to uphold a positive and supportive atmosphere at all times. Parents are asked to be supportive of all children that are out there trying their best to achieve their goals.

Bad conduct from a parent may result in the disqualification of their own child, as well as a ban from all future IronKids races. Bad conduct constitutes but is not limited the following:

- Negative comments to your child or another child
- Yelling at volunteers, race officials other parents or participants
- Interfering with participants or race officials, etc.

If you have a dispute, it is mandatory to notify an IronKids race official within 30 minutes of the completion of the race, which will then be addressed by either the IronKids Director or Race Director. We will not address any disputes after this time.

Please do not discuss issues with volunteers or anyone other than IronKids staff. The IronKids staff is committed to resolving your issue swiftly, and to discuss your concern in a calm and constructive manner. Please keep in mind your audience while you are addressing your dispute. We will not tolerate foul language, extreme outbursts or aggressive attitudes in front of our young athletes.



**IronKids Alpharetta Sponsors**



